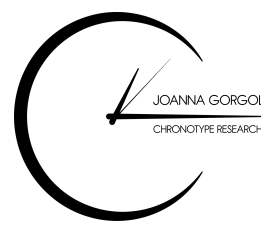


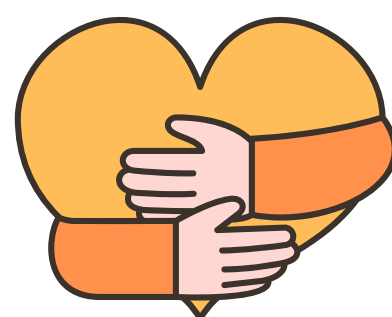
Chronotype, social support and subjective well-being: longitudinal study



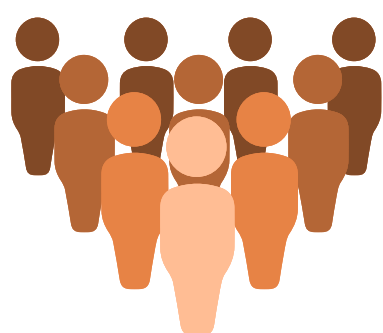
<http://joannagorgol.com>

AIM OF THE STUDY

The aim of the present study was to examine the medium-term stability of the mediating effect of perceived social support on the relationship between morningness-eveningness and subjective well-being.



METHODS

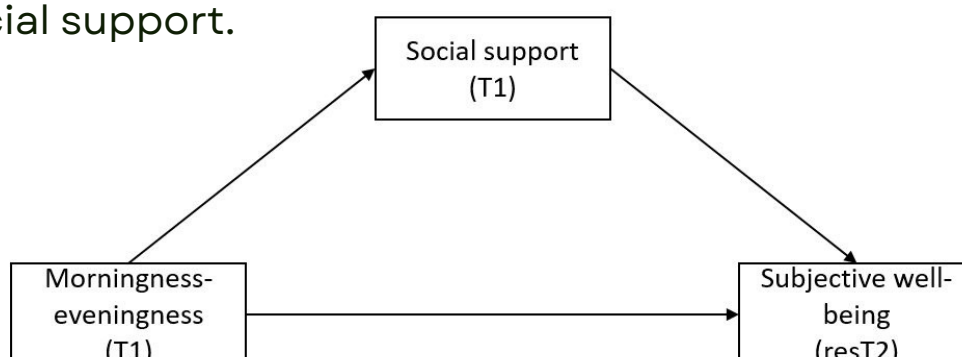


The present study comprises two waves of data collection. The first wave of data (T1) was collected in June 2021 and the second wave (T2) was collected in December 2021. The T1 sample comprised 1,067 Polish adults, with 664 (48% women) providing data at both T1 and T2.

The participants filled out the questionnaires measuring: chronotype, life satisfaction, positive and negative affect as well as social support.

RESULTS

- The mediating effect of social support on the association between morningness-eveningness and subjective well-being remains significant with respect to changes in well-being over a 6-month period.
- It seems that the causal effect of morningness on well-being may be partially mediated by the causal effect of social support.



Subjective well-being (resT2) = residual of subjective well-being in T2 after controlling for SWB in T1

CONCLUSION

The findings provide further support for the conclusion that perceived social support is an important contributing factor to the greater well-being reported by morning-oriented individuals. Additionally, our results provide seminal evidence for the causal effect of morningness on well-being.

We also argue for the development of specific interventions focussing on increasing social support among evening-oriented individuals.

READ MORE

Gorgol, J., Bullock, B., & Stolarski, M. (2022). Social support mediates the effect of morningness on changes in subjective well-being over 6 months. *Journal of Sleep Research*. <https://doi.org/10.1111/jsr.13671>